

Garrison: _____

Week of: _____

SATURDAY Spring 19 YC	Minimum Serving Size Per Age		Spring 19 Week 1	Spring 19 Week 2	Spring 19 Week 3	Spring 19 Week 4	Spring Week 5
			6-18	Saturday	Saturday	Saturday	Saturday
PM Snack							
Fruit			3/4 c	Fresh Fruit	Apple		Fruit
Vegetable			3/4 c			Carrots & broccoli	
Meat/ Alternate			1 oz		Cheese	Cheese	Yogurt
Bread/ Grain			1 serving = 1 oz equiv WG	WGR Muffin	WGR soft pretzel	WGR crackers	Granola
Fluid Milk**			1 c	Milk			
Other						Creamy vegetable dip	Cream Cheese

Water available at meals/snacks and in classroom. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change. Serve only 1% or skim milk to children ages 2 and older. See menu notes for additional information or substitution options. Additional serving size information is located in the weekly notes and appendix.

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Week 2 Spring 19 YC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
			6-18					
PM Snack				Bean burrito bowl		Yogurt parfait		Turkey slider or veggie burger
Fruit			3/4 c			Peaches or berries	Fresh fruit	
Vegetable			3/4 c	Diced tomatoes, romaine lettuce, salsa	Cherry tomato & corn salad plus carrots			Potato wedges plus lettuce, tomato,
Meat/ Alternate			1 oz	Beans/cheese		Yogurt		Ground turkey
Bread/ Grain			1 serving	Cilantro brown rice	WGR pita	Granola or graham crackers	WGR bagels	WGR roll
Fluid Milk**			1 c				Milk	
Other					Hummus		Cream cheese	Mustard, mayonnaise, ketchup

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- Bean burrito bowl
6-18 years: 1/2 cup rice, 2/3 cup beans, 1/4 cup tomatoes, 1/2 cup shredded lettuce, 1 Tbsp plus 1 tsp shredded cheese, 1/4 cup of salsa
- Cherry tomato and corn salad
5-18 years: 3/8 cup
- Carrots
6-18 years: 3/8 cup
- Granola
6-18 years: 1/4 cup
- Cream cheese
6-18 years: 2 tsp
- Turkey slider or veggie burger
6-18 years: 1 slider or 1 burger
- Potato wedges
6-18 years: 1/2 cup

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Week 3 Spring 19 YC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
			6-18					
PM Snack				Taco bar		Lemon pasta salad		Hawaiian chicken wrap
Fruit			3/4 c		Apple	Fruit		
Vegetable			3/4 c	Beans, lettuce, tomatoes, salsa		Tomato, cucumber plus broccoli	Potato wedges & marinara sauce	Vegetable tray broccoli, cauliflower, carrots, etc.
Meat/ Alternate			1 oz	Beef taco meat, shredded cheese			Cheese	Chicken
Bread/ Grain			1 serving	WGR tortilla (corn or flour)	Graham crackers	WGR pasta		WGR tortilla
Fluid Milk**			1 c		Milk		Milk	
Other					Sunbutter	Creamy vegetable dip		Sesame dipping sauce

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- Taco bar
6-18 years: 2 2/3 Tbsp taco meat, 1 WGR tortilla, 3/8 cup beans, ¼ cup lettuce, 2 Tbsp diced tomatoes, 2 Tbsp salsa
- Lemon pasta salad
6-18 years: 1 cup
- Broccoli
6-18 years: 1/4 cup
- Creamy vegetable dip:
6-18 years: 1 Tbsp
- Potato Wedges:
6-18 years: 1/2 cup
- Marinara:
6-18 years: 1/4 cup
- Hawaiian chicken wrap
6-18 years: 1
- Vegetable tray, assorted vegetables
6-18 years: 1/2 cup
- Sesame dipping sauce
6-18 years: 1 Tbsp

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Week 4 Spring 19 YC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
			6-18					
PM Snack					Potato or salad bar	Cereal bar	English muffin pizza	Ramen bowl
Fruit			3/4 c	Honeydew melon		Fruit		
Vegetable			3/4 c		Lettuce, spinach, tomatoes or salsa, olives, potato		Tomato sauce, vegetable toppings + carrots	Peas, carrots, cabbage
Meat/ Alternate			1 oz		Chopped turkey ham, shredded cheese		Cheese on pizza	Chicken
Bread/ Grain			1 serving	WGR carrot muffin square	WGR crackers or WGR roll (if salad bar	Choice of WGR cereal	WGR English muffin	WGR noodles with soy sauce and sesame
Fluid Milk**			1 c	Milk		Milk		
Other					Sour cream/salad dressing		Creamy vegetable dip	Broth

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- English muffin pizza
6-18 years: 2 pizzas
- Carrots
6-18 years: 3/8 cup
- Creamy vegetable dip
6-18 years: 1 1/2 Tbsp
- Broth
6-18 years: 1 cup
- Peas, carrots, cabbage***
May also use broccoli, onion, diced celery for a total of ¼ cup per vegetable serving

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Week 5 Spring 19 YC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
PM Snack						Yogurt parfait	Bean burrito bowl	Turkey sandwich
Fruit			3/4 c		Pear	Strawberries or banana		
Vegetable			3/4 c	Vegetable tray broccoli, cauliflower, carrots, etc.			Diced tomatoes, romaine lettuce, salsa	Vegetable tray plus lettuce and tomato
Meat/ Alternate			1 oz		Cheese	Yogurt	Beans/cheese	Sliced turkey
Bread/ Grain			1 serving	WGR soft pretzel	WGR crackers	Granola	Cilantro brown rice	WGR bread
Fluid Milk**			1 c					
Other				Creamy vegetable dip	Hummus			Creamy vegetable dip, mustard, mayonnaise

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- Granola
6-18 years: ¼ cup
- Turkey sandwich
6-18 years: ½ sandwich
- Bean burrito bowl
6-18 years: 1/2 cup rice, 2/3 cup beans, 1/4 cup tomatoes, 1/2 cup shredded lettuce, 1 Tbsp plus 1 tsp shredded cheese, 1/4 cup of salsa
- Vegetable tray, assorted vegetables
6-18 years: 2/3 cup

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Appendix:

Unless noted otherwise in the menu template or weekly notes, serving sizes are as listed below.

1 serving of bread/grains = 1 slice of bread; ½ cup of cooked rice, cooked pasta or cooked grains; 8 saltine crackers, 2 whole graham cracker sheets (2 ½ x 5 inches); 1 muffin, 1 serving of muffin squares, cornbread, or French toast bake; 1 1-oz biscuit, roll, or soft pretzel; 1 mini bagel, ½ of a 2-oz bagel; 1 1.25-oz waffle; and ½ of a 2-oz English muffin or pita.

The serving size for ready to eat breakfast cereal varies by type:

WGR Rice Chex or WGR Life
6-18 years: 1 cup

WGR corn puffs cereal
6-18 years: 1 ¼ cup

WGR toasted oat cereal
6-18 years: 1 cup

Bran flakes
6-18 years: 1 cup

Ounce equivalents for meats/ alternates: cooked meat and cheese, 1 oz = 1 oz; cooked beans/ peas, ¼ c = 1 oz; yogurt, 4 oz (½ c) = 1 oz,

For “other” foods that do not count as a meal component, **unless specified otherwise in the weekly notes**, the serving size is below:

Hummus
6-18 years: 3 Tbsp

Sunbutter
6-18 years: 1 Tbsp

Salad dressing or sour cream
6-18 years: 1 Tbsp

Creamy vegetable dip
6-18 years: 2 Tbsp

Pancake syrup
6-18 years: 1 1/3 Tbsp

Cream cheese
6-18 years: 2 tsp